HEALTH PSYCHOLOGY (PSYC 345)
SYLLABUS
Fall Semester, 2015

INSTRUCTOR: Roberta M. Diddel, Ph.D.
Teaching Asst.: D'Anna Young

Course Overview & Expectations

PREREQUISITE: Intro (PSYC 101) combined with one of the following: PSYC 201, 202 or 203

REQUIREMENTS:
This class involves a combination of lectures and discussion of reading materials. Requirements include:

(A) 90% class attendance, participation in discussion of assigned readings & classroom exercises
(B) Completion of 2 tests, each covering 1/2 of the course material
(C) Group project: Completion of a website model and wiki entries on an assigned topic
(D) Completion of 9 journal entries based on responses to questions at the end of chapters in the book *Self-Directed Behavior* (see reference below.) Details and due dates are on the course outline.

Class attendance is required on the dates on which guests will be in class and during group project presentations. (These dates are highlighted in yellow on the course outline.)

READINGS & REFERENCES:

- Suls, J., Davidson, K. & Kaplan, R. (2010) *Handbook of health psychology and behavioral medicine.* New York: The Guilford Press. Noted in the course outline as (**SD&K**).
- Watson, D. & Tharp, R. (2014). *Self-directed behavior, 10th ed.* Belmont, CA: Wadsworth. (**W&T**)
- Journal articles and readings posted in pdf files on OwlSpace, noted in the course outline as **OwlSp**

GRADING:
Students will receive numerical grades on tests and letter grades on the essays, which will be averaged at the end of the semester. The final grade consists of the average of:

- 2 tests, each covering 1/2 of the material - worth 60% of final grade (30% each)
- Group project – (20% of final grade)
  - your grade will be the average of two scores, one given to the group for the quality of the project as a whole and one given for your individual contribution to the project
- Journal entries (20% of the total grade)
- Lack of attendance on required class dates results in the loss of 1 point for each from your final grade.
  - Excused absences include sanctioned school activities (with a letter from a coach or supervisor), illness or personal emergency (e.g., death in the family). You must contact Dr. Diddel ahead of class and be prepared with evidence to support your need.
  - One unexcused absence is permitted
- *All assignments must be completed in acceptable form in order to pass the course*

Journal entries must be placed in the course drop-box on Owl-Space by 11:59 p.m. on the date due.
Failure to turn in your paper on time will result in a loss of ½ point (out of 10 possible points) for each day that the assignment is late. Please leave time for computer glitches and crashes (i.e., don't wait 'til the last minute to upload your assignment.)

SPECIAL NEEDS: Any student with a documented disability needing academic accommodations should speak with Dr. Diddel by September 3rd or within a week of the onset/diagnosis of the condition. All discussions will remain confidential. Students with disabilities must first contact Disability Support Services.

COURSE OUTLINE & ASSIGNMENTS

HIGHLIGHTING KEY:
Yellow = Required attendance
Blue = assignment due (journal entry, test or group presentation)

DATE	CLASS TOPIC	ASSIGNMENT DUE
8/25	Course overview & expectations Discussion groups; Class exercise	
	SECTION I: PSYCHOSOCIAL FACTORS IN THE DEVELOPMENT & COURSE OF CHRONIC DISEASE	
8/27	The meaning of illness Health belief models Planning your behavior change project	Roussi & Avdi, pp. 1-12 (OwlSp) SD&K, Chap. 4
9/1	What's so hard about change?: Overcoming the default lifestyle Patient discussion	SD&K, Chap. 15
9/3	Social systems as a factor in pediatric illness Dr. Margaret Mauzé, pediatric health psychologist	SD&K, Chap. 9
9/6	Self-Direction Project: Step 2 (pp. 75-76)	Due Sunday at or before 11:59 p.m.
9/8	Gender, health and healthcare	Amaro (OwlSp) Wade (OwlSp)
9/10	Impact of poverty on health & healthcare Health disparities & the pandemic of poverty	SD&K, Chap. 15 Pellowski et al. (OwlSp)
9/13	Self-Direction Project: Step 3 (p. 124)	Due Sunday at or before 11:59 p.m.
9/15	Is there a disease-prone personality? Is optimism protective in health?	SD&K, Chap. 7 Article, Seligman (OwlSp) Optimism Test (link on OwlSp)
9/17	Emotions and stress: Stress Definitions & Physiology	SD&K, Chap. 3
9/20	Self-Direction Project: Step 4 (pp. 148-149)	Due Sunday at or before 11:59 p.m.
9/22	Stress & heart disease (CAD) Hostility & heart disease	SD&K, Chap. 28 SD&K, Chap. 8
9/24	Psychoneuroimmunology Stress and immune disorders	SD&K, Chap. 12 Friedman (OwlSp) (review of basics)

DATE	CLASS TOPIC	ASSIGNMENT DUE
9/29	Test 1	
	SECTION II: USING PSYCHOLOGY TO INTERVENE IN HEALTHCARE SETTINGS	
10/1	Motivational Interviewing: Guest: Dr. Bob McLaughlin	Rotgers (OwlSp)
10/4	Self-Direction Project: Step 5 (p. 186)	Due Sunday at or before 11:59 p.m.
10/6	Illness narratives: Identity disruption & loss Patient Discussion	Roussi & Avdi, pp. 12-21 (OwlSp)
10/8	Stigma, otherness & disclosure Disability etiquette Depression and illness	Kleinman, Chap. 9 (OwlSp) SD&K, Chap. 14
10/13	MID-SEMESTER BREAK – No Class	
10/15	The Impact of Living with Cancer Patient discussion	Jacobsen & Andrykowski (OwlSp)
10/18	Self-Direction Project: Step 6 (p. 232)	Due Sunday at or before 11:59 p.m.
10/20	Clinical research – Cancer & body image Guest: Dr. Michelle Fingarette	Fingarette article (OwlSp)
10/22	How to address chronic pain	Straub, Ch. 14 (OwlSp) Kleinman, Chap. 3
10/27	Impact on families and caregivers Guests: Caregiver Panel	Kleinman, Ch. 11, 182-186(OwlSp)
10/29	Living with HIV Guest: Keville Ware	SD&K, Chap. 26
11/1	Self-Direction Project: Step 7 (p. 280)	Due Sunday at or before 11:59 p.m.
11/3	Assessment for Heart Transplant Guest: Beth Mosele, MSW	
11/5	Health services: Costs, risks & doctor-pt. relations Should we have “socialized medicine”?	SD&K, Chap. 22

DATE	CLASS TOPIC	ASSIGNMENT DUE
11/10	Integrative Medicine Guest: Dr. Lorenzo Cohen, MD Anderson	TBA
11/12	Terminal illness Hospice and palliative Care Guest: Ann Dare, LMSW (Houston Hospice)	Gawande (OwlSp)
11/15	Self-Direction Project: Step 8 (p. 306)	Due Sunday at or before 11:59 p.m.
11/17	Test #2	
11/19	Group presentations (Groups A & B)	
11/24	Group presentations (Groups C & D)	
11/29	Self-Direction Project: Step 9 (p. 332-334)	Due Wed. at or before 11:59 p.m.
11/26	Thanksgiving – No Class	
12/1	Group presentations (Groups E & F)	
12/3	Relapse Prevention Wrap-up	Warraich (OwlSp)
12/6	Self-Direction Project: Happiness Project (p. 354)	Due Sunday at or before 11:59 p.m.